

Bible Study - Rooted

Understanding the Trinity

A Christian Worldview Bible Study

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Welcome!

In a world where the word “*spiritual*” is used to mean almost anything, how can we know what’s truly from God — and what we, as Christians, are called to believe?

Today, we’re going to dig into one of the deepest and most foundational truths of the Christian faith: the Trinity — the belief that God is one in essence, yet three in person—Father, Son, and Holy Spirit. This isn’t just a theological concept; it’s the very nature of the God we worship and follow.

Let’s take a moment now to seek Him—asking the Father to reveal His nature, the Son to lead us in truth, and the Holy Spirit to give us understanding. This is holy ground we’re stepping on. Let’s dig in together.

Discussion Questions

Opening Questions

- Think about the word relationship — what comes to mind? Romance? Family? Joy? Stress? Boundaries? Comfort?
- I want you to imagine what you think the perfect relationship would look like. Describe the attributes of the perfect relationship.

The Trinity is the perfect example of ultimate relationship. Father, Son, and Holy Spirit live in complete unity — distinct, yet never divided. When we dig deeper into the facets of the Trinity, we see just how

creatively perfect God is. And even more amazing? He desires that same kind of relationship with us — rooted in love, truth, and intimacy.

What is the Trinity?

Read 1 John 5:7 (NKJV)

- Who are the three that bear witness?
- Why is this important?

The Trinity means that God is one—but He exists eternally as three distinct Persons: the Father, the Son, and the Holy Spirit. He's not divided up into parts or taking turns being each one. He is fully Father, fully Son, and fully Spirit—all at once. Each Person is fully God, but they are not the same Person. They are distinct yet never divided. They don't switch roles or replace one another—they are three in person, but one in essence.

- How do you feel when you hear that God is three in one — confused, comforted, or curious?
- Why do you think God reveals Himself this way?
- What does it say about who He is?

Where is the Trinity in the Bible?

Read Matthew 3:16 -17

- Where do you see Jesus?
- Where do you see Father God?
- Where do you see the Holy Spirit?

Read 2 Corinthians 13:14

- Where attribute does Paul give to Jesus?
- Where attribute does Paul give to God?
- Where attribute does Paul give to Holy Spirit?
- Why did he find it important to list all three persons from the Trinity?

Read Matthew 28:18-20

- What is happening in this piece of scripture?
- Who is speaking?
- Why is it important to baptize in the name of the Father, Son, and the Spirit?

Where Does the Trinity Matter?

Read Genesis 1:26

- In who's image was man created?
- Why is it important that the Trinity participated in man's creation?

Read 2 Corinthians 13:14

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- Where attribute does Paul give to God?
- Where attribute does Paul give to Holy Spirit?
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Illustrations

For unbelievers — and even new believers — the Trinity can be hard to understand. Let's be honest, it's not exactly easy for believers either. It's one of those deep mysteries of our faith that stretches our understanding. Sometimes, though, using an illustration or analogy can help us get just a little closer to grasping it.

That said, we always want to be careful. God is holy, and no example can fully capture who He is. These are just teaching tools — not perfect, not complete, but maybe helpful as we learn to trust what we believe.

All analogies fall short, but can sometimes help a little:

- Sun: Light, heat, and the star — one source, different expressions.
- Human beings: Mind, body, spirit — three aspects, one person (imperfect, but illustrative).

Any others that come to mind?

Discussion Questions?

- Do you tend to connect more easily with one Person of the Trinity— Father, Son, or Holy Spirit? Why do you think that is?
- When you pray, who do you usually address — and how might your prayer life grow if you became more aware of the fullness of the Trinity?

- Are you unintentionally ignoring one of the Persons of God in your daily life?
- How does knowing God is relational impact the way you see your relationship with Him and with others?

Thank you!

Thank you for taking the time to dig into the mystery of the Trinity. It's not always easy to grasp, but pursuing a deeper understanding of who God is — Father, Son, and Holy Spirit — draws us closer to His heart. May this truth continue to shape your faith and deepen your relationship with Him.

Blessings,

Erin